



## Ghosts Of Christmas Past

Week Two: Letting Go of Shame to Embrace Affirmation

**Philippians 3:12-14**

*Living shame-free is easy when you know who you really are.*

**THIS SERIES**—focuses on what it means to let go of the “ghosts” of our past as we lean expectantly into the new things God is bringing to the world and to our lives.

**Shame**—one of the most debilitating, painful emotions

*When the dog does poorly—which rarely happens*

*The self talk is what gets you...*

**True confession - the phrase that runs in my head...**

**What happens when you internalize this?**

*It moves from merely being behavior—to an identity.*

*“I am bad...” “I deserve this...”*

*And then we begin to hurt others....*

**LIVING SHAME-FREE IS EASY  
WHEN YOU KNOW WHO YOU REALLY ARE**

**Philippians 3:12-14**

- Let's talk a bit about Paul and his past...
  - And let's spend some time thinking about where he is at this writing...
  - He acknowledges his own shortcomings—his “not yet” status
  - He also says that he lets go of what has happened in his past.
  - His identity is something he's “called” into—found in Christ
- Paul wants his readers to realize that they are not defined by their past, no matter what they've done or what's been done to them... they are defined by Jesus himself.**

**What Happened Shaped You—But Does Not Define You**

*It's time to let go of the shame—it is not who you are.*

**You Are Who God Says You Are—And God Says You Are Beloved**

*There is no condemnation—no blame—you are set free*

**LIVING SHAME-FREE IS EASY  
WHEN YOU KNOW WHO YOU REALLY ARE**



## SERMON EXTRAS & FURTHER READING

**FOR FURTHER READING:**

**Desmond Tutu and Mpho Tutu**

*The Book of Forgiving*

**Sidney & Suzanne Simon**

*Forgiveness: How to Make Peace with Your Past and Get On With Your Life*

**D. atrick Miller**

*Forgiving Yourself: A Step By Step Guide to Making Peace With Your Mistakes and Getting On With Your Life*

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**DAILY DEVOTIONALS THIS WEEK:**

*The daily devotionals will be posted on Pastor Leon's blog, linked on his Tumblr account, the church's Facebook Page and Twitter.*